

Suit Up Workout

STAY ACTIVE

To complete a playful, full-body movement circuit with one special action for each of the nine life skills explored in the **The Playful Astronauts** journey. Each movement connects with a planet and helps students reflect through action.



Learning Intentions

I can remember each life skill and show it with a movement:

This builds memory and mind-body connection.

I can complete a fun workout that celebrates all I've learned:

This promotes fitness, confidence, and joyful reflection.

I can move my body in a way that matches how I feel:

This supports self-regulation and emotional awareness.



Success Criteria

I can match each of the nine life skills with a fun movement:

This shows understanding and recall.

I can move confidently and follow along with the class:

This demonstrates focus, participation, and teamwork.

I can describe how moving helps me feel strong and happy:

This encourages self-expression and well-being.



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Objective:

To complete a playful, full-body movement circuit with one special action for each of the nine life skills explored in the *The Playful Astronauts* journey. Each movement connects with a planet and helps students reflect through action.

Players:

Whole class or small groups

Materials:

- Open space (indoors or outdoors)
- Music player (optional)
- Poster or cards showing each planet + movement

Time Required:

10–15 minutes

Setup:

Before starting, read *The Playful Astronauts* aloud or do a quick class recap of the nine planets and life skills.

Create a list on the board or on cards:

1. **Earth – Kindness:** Gentle hugs to self
2. **Mercury – Conflict:** Peaceful side step and high five
3. **Venus – Vulnerability:** Soft butterfly arms (cross and flap)
4. **Mars – Play:** Big joyful jumps
5. **Jupiter – Confidence:** Power pose with wide arms
6. **Saturn – Gratitude:** Hands to heart and stretch tall
7. **Uranus – Resilience:** Bounce like a spring
8. **Neptune – Empathy:** Mirror a partner's slow wave
9. **Pluto – Adaptability:** Spin and freeze

Activity Steps:

Step 1 – Space Suit Up:

Gather in a circle and explain that you're going to do a *Suit Up Workout*, where each movement gets your astronaut body ready to launch into life with all nine life skills.

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Step 2 – Planet by Planet:

Guide the students through each movement in order:

- Say the planet name
- Name the life skill
- Demonstrate and repeat the movement for about 20 seconds

Example:

- “Let’s land on Jupiter – the planet of confidence. Ready? Power pose!”
- “Now spin to Pluto – the planet of adaptability. Freeze!”

Step 3 – Celebrate and Cool Down:

After finishing the ninth movement, take three deep space breaths together and end with the group saying:

“We did it! We’re Playful Astronauts!”

Winning the Game:

Every student wins by suiting up with confidence and moving through all nine skills with energy, teamwork, and reflection.

Additional Notes:

Suit Up Workout is a joyful blend of fitness, memory, and celebration. It helps students embody their astronaut learning in a fun and physical way, reinforcing both strength and self-awareness, key components of emotional intelligence at this young age.

